



# NEWS RELEASE

## COUNCILMEMBER MARTI EMERALD

### Seventh District

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### **Councilmember Emerald Pings False Bankruptcy Allegations**

San Diego City Councilmember Marti Emerald highlighted false allegations about San Diego's creditworthiness. After reading an article in a national publication which stated municipal bonds issued by the City of San Diego may not be a good investment, Councilmember Emerald brought the publication and the article to the attention of the full City Council today preceding a bond approval vote. "I want to get this on the record," said Emerald.

During today's Council session, The City Attorney's office stated there is no truth to the allegation in the article, this is a misstatement, and the City is not considering bankruptcy. In addition, the City Attorney said, "This is exactly the type of due diligence by Councilmembers contemplated by... and incorporated into the City's disclosure regime."

The article appeared in the latest edition of a newsletter called *The Bottom Line*, saying the City of San Diego, as well as the City of Harrisburg, PA, and the New York City Area Transit Authority, is mulling over Chapter 9 bankruptcy. Marilyn Cohen, CEO of Envision Capital Management, Inc., says she got her information from *Bond Buyer Today*.

Jay Goldstone, the City's Chief Operating Officer told Emerald's office, "We are going to try to get this statement retracted. In any event, the City is not contemplating or exploring the idea of bankruptcy and has NO intention of doing so."

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# Bottom Line

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## PERSONAL

### HEARD BY OUR EDITORS

**S**tock opportunity in temporary staffing, we hear from analyst Ashwin Shirvaikar, CFA. With the economy expanding slowly and employers hesitant to add permanent workers, temporary employment has picked up—and many companies will be reluctant to rev up permanent hiring for years. Staffing companies cut costs during 2008 and 2009, so new revenue will have a big impact on their profit margins. *Biggest beneficiaries:* Robert Half International (RHI) and Manpower (MAN).

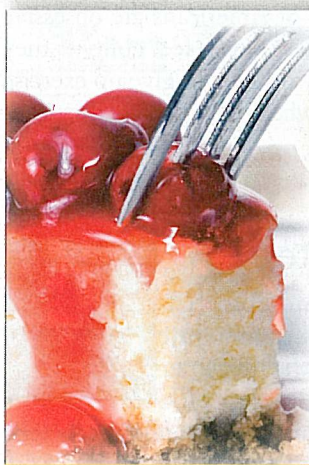
Ashwin Shirvaikar, CFA, is senior analyst of business and professional services at Citi Investment Research, New York City. [www.CitiGroup.com](http://www.CitiGroup.com)

**C**hocolate reduces stroke risk, says health researcher Sarah Sahib. In one study, people who ate one serving of chocolate a week were 22% less likely to have a stroke than those who ate no chocolate. In another study, people who ate 50 grams (1.75 ounces) of chocolate per week were 46% less likely to die following a stroke than those who ate no chocolate. *Possible reason:* Chocolate is a rich source of antioxidants that may protect against stroke.

Sarah Sahib, researcher at McMaster University, Hamilton, Ontario, Canada, is lead author of an analysis of studies on chocolate and stroke.

**A**void municipal bonds from a growing number of financially troubled sources, warns bond expert Marilyn Cohen. Several cities, including Harrisburg, Pennsylvania, and San Diego, are mulling over Chapter 9 bankruptcy. The Metropolitan Transportation Authority (MTA) in the New York City area also is in financial trouble. Sell these bonds, and move the proceeds into municipal bonds for which the issuer can cover its debt service.

Marilyn Cohen is CEO of Envision Capital Management, Inc., Los Angeles, which manages \$250 million in bond portfolios. [www.EnvisionCap.com](http://www.EnvisionCap.com)

*Live a Little!*

## HEALTH RULES YOU CAN BREAK

Susan M. Love, MD • UCLA

**EAT CAKE...BLOW OFF YOUR RUN...STAY UP LATE...**

**F**ew of the so-called rules for healthy living—such as exercise every day and get annual check-ups—are supported by scientific evidence. Yet millions of Americans feel guilty if they don't follow these and other specific dos and don'ts.

The fact is that people at either extreme in their health habits (those who totally neglect their health and those who behave obsessively about it) tend to be less healthy than those who occupy the middle ground.

What's hype and what's healthy...

### HYPE: ANNUAL PHYSICALS

Healthy people who see a doctor for an annual checkup every year are, on average, no more likely to avoid disease than those who never get annual checkups. The bottom line is that annual physicals do not change health outcomes.

I advise patients with existing health problems to see a doctor regularly to review medications, track changes in symptoms and so on. (Check with your doctor about how often you need to see him/her.) People without health problems can safely avoid the inconvenience and expense of yearly visits.

That said, some regular screenings are recommended even if you are otherwise

healthy. Blood pressure, for example, should be checked every two to three years and cholesterol, every five years.

### HYPE: EIGHT HOURS OF SLEEP

A good night's sleep usually is defined as eight hours of continuous rest. The study most often cited in support of this was conducted in 1993 and focused on 16 volunteers who spent 14 consecutive hours in bed in a darkened room. At first, the volunteers slept an average of more than 12 hours a day. After a few weeks, most reduced their sleep time to seven-and-a-half to nine hours. The researchers concluded that the volunteers slept a lot at first because they were typical sleep-deprived Americans who needed to catch up and that the seven-and-a-half-to-nine-hour range was the optimal amount of sleep.

But the study really only indicates how much people will sleep when they ▶

*Bottom Line/Personal* interviewed Susan M. Love, MD, clinical professor of surgery at David Geffen School of Medicine at UCLA. She is president of the Dr. Susan Love Research Foundation and one of the country's leading specialists in women's health. She is author of *Dr. Susan Love's Breast Book* (Da Capo) and coauthor, with Alice D. Domar, PhD, of *Live a Little! Breaking the Rules Won't Break Your Health* (Crown). [www.dslrf.org](http://www.dslrf.org)



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